



BASIC INFORMATION

DESCRIPTION

Inflammation or infection of the urinary bladder.

FREQUENT SIGNS AND SYMPTOMS

- Burning and stinging on urination.
- Frequent urination, although the urine amount may be small.
- Increased urge to urinate even when bladder is empty.
- Pain in the pubic area
- Penile discharge.
- Low back pain.
- Blood in the urine.
- Low fever.
- Bad-smelling urine.
- Lack of urinary control (sometimes).

CAUSES

- Bacteria that reach the bladder from another part of the body through the bloodstream.
- Bacteria that enter the urinary tract from skin around the genitals and anal area.
- Injury to the urethra.
- Use of a urinary catheter to empty the bladder, such as following surgery.
- Over-large prostate gland.
- Structural defect in the urinary tract.

RISK INCREASES WITH

- Infection in other parts of the genitourinary system.
- Illness that has lowered resistance.
- Excess alcohol consumption.
- Obstruction of urine in the urinary tract in men, usually by partial obstruction caused by an enlarged or inflamed prostate gland.
- Trauma to the urethra.
- Recent surgery with catheterization.

PREVENTIVE MEASURES

- Drink plenty of fluids, at least 8 glasses a day.
- Use protection of a latex condom during anal sex to prevent spread of any infection.
- Avoid the use of catheters, if possible.
- Obtain prompt medical treatment for urinary-tract infections.

EXPECTED OUTCOMES

- Usually curable with antibiotic therapy.
- If due to underlying disease or obstruction, these will need to be resolved first.

POSSIBLE COMPLICATIONS

Inadequate treatment can cause chronic urinary-tract infections, leading to kidney failure.



TREATMENT

GENERAL MEASURES

- Medical tests to aid diagnosis may include urinalysis and careful urine collection for bacterial culture, cystoscopy (examination of the bladder with a lighted optical instrument) and ultrasound.
- Treatment is usually with antibiotics.
- Warm baths may provide relief from symptoms.
- Additional information available from the National Kidney Foundation, 30 E. 33rd Street, Suite 1100, New York, NY 10016, (800) 622-9010.

MEDICATIONS

- Antibiotics to fight infection.
- Antispasmodics to relieve pain.

ACTIVITY

- Bedrest may be necessary during acute phase.
- Avoid sexual intercourse until you have been free of symptoms for 2 weeks to allow inflammation to subside.

DIET

- Drink 6 to 8 glasses of water daily.
- Avoid caffeine and alcohol during treatment.
- Drink cranberry juice to acidify urine. Some drugs are more effective with acid urine.



NOTIFY OUR OFFICE IF

- You or a family member has symptoms of cystitis.
- Fever occurs.
- Blood appears in the urine.
- Discomfort and other symptoms don't improve in 1 week.
- New, unexplained symptoms develop. Drugs used in treatment may produce side effects.
- Symptoms recur after treatment.